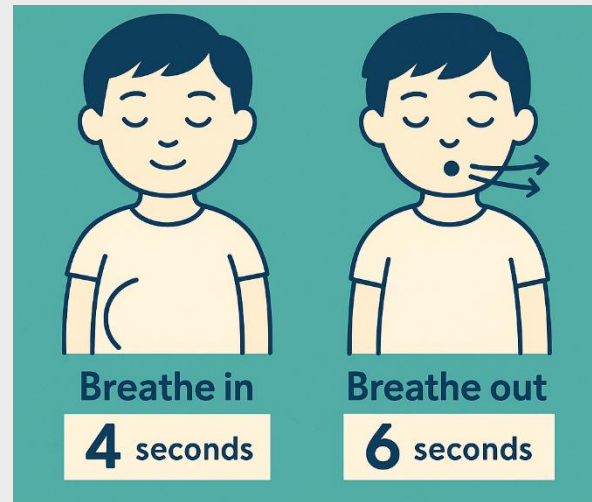


# Anxiety management

## 1. Practice tummy breathing



## 2. Notice the triggers for the brain going “offline”

- Explain the process for anxiety and emphasise it is a normal reaction for everyone
  - The masking coping strategy for dyslexics is the strongest and means they don't want anyone to notice they are struggling. Anxiety spikes when they think they will be found out.
  - Explain the brain going offline is a great indicator to show what the brain is struggling with.
- Help your child notice what makes their brain go offline
  - Ask at end of school day what happened to make the brain go offline?
  - Ask them if they think this (whatever task they are going to do) will make their brain go offline?
  - Build the language into everyday conversation.